



Larmenier & Sacred Heart Catholic Primary School

Lunch Menu – Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Main 1	Chicken Pie (G)	Pizza (Cheese and Tomato) (G, D)	Roast Beef	Pasta with Tomato Sauce	Fresh Fish Goujons (Hake, Haddock or Whiting) (G, E, F)
Main 2 (Vegetarian)	Vegetable Pie		Stuffed Roast Peppers	Macaroni Cheese (G, D)	Frittata (E)
Accompaniment	New Potatoes	Herby Couscous (G)	Roast Potatoes (Su)	Dressed Spinach and Tomato Salad	Potato wedges (Su)
Vegetable additions	Broccoli and Rosemary	Garlicky Green Beans	Roast Parsnips and Carrots		Peas Sweetcorn
Sharing on tables	Sugar Snap Peas	Carrot Sticks Cucumber Slices	Vegetable Gravy	Cucumber Slices Grated Carrot	Mixed Salad
Bread	Wholemeal Bread (G)		Tiger Bread (G)	Garlic Bread (G)	Smoked Paprika Bread (G)
Dessert	Fresh Fruit or Apple Crumble and Custard (G, D)	Fresh Fruit or Yoghurt (D)	Fresh Fruit or Yoghurt (D)	Fresh Fruit or Beetroot Chocolate Cake (G)	Fresh Fruit or Yoghurt (D)

D = Dairy G=Gluten E=Egg F=Fish Su=Sulphates M=Mustard

If your child has any allergies please contact the school office so that the Head Chef can be fully informed of your child's needs.

This menu is subject to variations as fresh ingredients are delivered daily.